

FOR IMMEDIATE RELEASE

Sept. 15, 2006

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VDH 06-00

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CDC Reports Virginia Among States Affected by Nationwide E. coli 0157:H7 Outbreak

(Richmond, VA)- The Centers for Disease Control and Prevention reported that there was a laboratory confirmed case in Virginia that could indicate a relationship with the multi-state outbreak. To protect patient confidentiality, the Virginia Department of Health (VDH) will not be releasing any additional information about the case.

Virginia health officials have not seen any outbreak in the state related to the consumption of spinach or raw, bagged spinach.

It is not surprising that a case has been confirmed in Virginia considering the large number of states that have been affected by this outbreak. VDH health officials continue to urge residents to take appropriate steps to protect themselves, such as-

- Don't eat raw, bagged spinach until FDA lifts its warning
- Always wash raw fruits or vegetables under running water before eating
- Always wash your hands with soap and warm water before and after preparing foods, after using the toilet, handling animals or changing diapers
- Wash cutting boards after meats have been on them and before using the same surface to cut fruits and vegetables, or use separate cutting boards and utensils for meats and other foods

People who get sick from E. coli 0157:H7 usually do so within three to four days after eating contaminated foods. If you have eaten raw spinach within the past 24 hours and experience gastrointestinal symptoms you may want to contact your physician.

For more information about E. coli 0157:H7, visit www.vdh.virginia.gov

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